

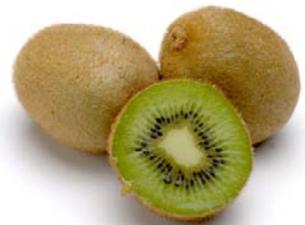
# Kiwi Kraze

## KIWI FUN FACTS

- Kiwifruit is a member of the botanical family Actinidia.
- California produces the most kiwis in the United States but kiwis are also imported from Chili and New Zealand.
- Kiwis are available in the United States year round. They are harvested in October and November in California and April and May in New Zealand and Chile.
- Kiwifruit grows on a large vine with leaves that can be up to 8 inches long. They need lots of water and nutrients and grow best in sandy soil. A kiwi plant can transpire 40-60 gallons of water every day during peak growing season.
- Kiwi is a great source of vitamin C and fiber. Just two kiwifruits provide 240% of the vitamin C you need for a whole day!

**Did you know... that there are two colors of kiwi?**

Kiwifruit actually comes in two colors, green and gold. The green kiwi is the most popular. It has a fuzzy brown skin, bright green flesh with tiny black seeds and a white center. The gold kiwi is fairly new in the United States. It looks the same as the green kiwi on the outside except without the fuzz. The inside is golden yellow with tiny black seeds. It tastes similar to the green kiwi.



| Nutrition Facts              |       |
|------------------------------|-------|
| Serving Size = 1 large fruit |       |
| Calories                     | 56    |
| Fat                          | .5 g  |
| Protein                      | 1 g   |
| Fiber                        | 3 g   |
| Calcium                      | 84 mg |
| Vit. A                       | 80 IU |
| Vit. C                       | 89 mg |

## The How To's of Eating Kiwi

1. Choose kiwifruits that are plump and slightly soft to the touch.
2. Allow fruit to ripen at room temperature for 3-5 days, you will know it is ready to eat when it is soft to the touch and smells good.
3. There are many ways to eat kiwi. You can peel and slice them, eat the whole fruit (yes, even the skin), or try cutting them in half and scooping the center out with a spoon.